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Hot then he's cold, yes then he's no, in then — Tory is in!

After seemingly endless speculation, John Tory confirms he's running for mayor of Toronto PAGE 3

Liberals vote for 'death with dignity'

But federal leader Justin Trudeau's stance on assisted suicide still unknown PAGE 10

Presidency wrested away in Ukraine

Key opposition figure takes on presidential powers amid fears the nation may split along cultural lines PAGE 9

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As mayor, Tory says he'll make city 'more livable'

Entering the race. Former provincial PC leader says he'll keep taxes low, make downtown subway relief line a top priority

John Tory moderates a debate for the Toronto Centre byelection in November. STEVE RUSSELL/TORSTAR NEWS SERVICE

John Tory is running for mayor of Toronto.

Tory will file his registration papers at city hall on Monday, probably just before Coun. Karen Stintz files her own. The civic advocate, talk-radio host and former leader of the provincial Progressive Conservatives will become the most formidable declared challenger to incumbent Rob Ford.

In an announcement video that was to be posted on his website Monday, Tory says he would make Toronto "more livable, more affordable and more functional." He identified the downtown subway relief line as his top priority, saying that "livable means, first and foremost these days, tackling congestion."

Tory said he would keep taxes low, "especially property taxes." And without mentioning Ford, who has lost numerous key votes and who has pledged a "war" on members of council, he touted himself as a consensus-builder whose inclusive style achieves results.

"Building a great city means people working together. My whole career has been about bringing people together. I ran a big company (Rogers Cable) that employed thousands of people. I ran the United Way campaign in every corner of the city. And I ran the Canadian Football League. I've learned that you can't conclude, on the basis of your own opinion, that that guy over there is wrong or that you can't work with him or won't work with him."

Quoted

"You're not going to be able to tackle gridlock in the streets if you've got gridlock at city hall."
John Tory

With voting day eight months away, the early campaign will now intensify: all-but-certain candidate Olivia Chow, the NDP MP, is now the only rumoured contender who will not have registered as of Monday. All three currently active challengers to the conservative Ford — Tory, Stintz, and former councillor David Soknacki — are on the centre-right.

Tory, 59, is a vocal advocate of the need for new taxes to pay for transit expansion. Ford imposed a new property tax to pay for the planned subway extension to the Scarborough RT, but he criticized Tory last week for holding "tax, tax, tax" views. Campaign manager Doug Ford attacked Tory for his wealth and connections despite the Fords' own, calling Tory "part of the establishment" and "one of the elites of the one per cent."

Tory ran for mayor and lost in 2003, and he lost a general election and a byelection as PC leader before he resigned in 2009.

Tory is supported by a long list of prominent people, including former deputy mayor Case Ootes, who ran Ford's 2010 transition team; Liberal provincial minister Brad Duguid; Gail Nyberg, executive director of the Daily Bread Food Bank; and Ontario PC president Richard Ciano, whose business partner, former Ford campaign chief Nick Kouvalis, will be part of Tory's campaign.

TORSTAR NEWS SERVICE

Karen Stintz is joined by her husband, Darryl, and daughter Hailey, 7, at her annual Last Skate event at Otter Creek rink on Sunday. TORSTAR NEWS SERVICE

Making a bid. Candidate Stintz offers T.O. voters a glimpse of her platform

Karen Stintz says her administration would pursue a downtown relief subway line, reform the land transfer tax, support a joint Toronto-U.S. bid for the 2026 World Cup and explore a "hybrid" solution for the eastern part of the Gardiner Expressway.

Stintz, the three-term midtown councillor who chaired the TTC from 2010 until she resigned this weekend, was expected to register to run for mayor on Monday at 10 a.m. She offered a glimpse of her policy platform and her pitch to voters on Saturday.

She will attempt to position herself this year as a "responsible and accountable" uniter — more sophisticated and better able to achieve results than Rob Ford, yet more prudent than Olivia Chow, who Stintz said is a "lovely lady," but an "NDP candidate" who shares David Miller's "tax-and-spend" approach. Ford, she said, is "very good at cutting and very good at a simple message," but he doesn't "understand the city" or its complex challenges.

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App company to experiment with cab fares

Contentious. The experiment may be going against Toronto's bylaws

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

A controversial company that runs a Toronto taxi-hailing app is planning to offer discounted rides — apparently in contravention of Toronto's bylaws — as an "experiment" to see if lower fares will lead to higher demand for city cabs.

Billy Guernier, the general manager of Uber Toronto, told Metro that starting Monday, uberTAXI trips will be 25 per cent cheaper than normal between 10 a.m. and 4 p.m. on weekdays.

Uber offers apps for iPhones and Android smartphones that allow users to hail a taxi or arrange for a black luxury car or SUV. For Toronto taxis, Uber normally charges a 20 per cent "gratuity" on top of the meter fare, all of which is paid through the app. It began operating in Toronto in 2012.

According to Guernier, the company is planning to offer the discount to test the theory that taxis are "underutilized" and if fares, which are regulated by the city, were lower, drivers would benefit from getting more fares and their customers will benefit by paying less per trip. He said the company plans to test the lower price, monitor the results, and "tweak" the plan, if necessary.

Quoted

"I hope everyone sees this for what it is: an experiment to see if we can do a better job of serving both the rider and driver side of the equation."

Billy Guernier, the general manager of Uber Toronto

"We think this is going to mean more people opting to take cabs to meetings, to lunch, or wherever they need to run out to during the day. That, in turn, will mean more trips and less downtime for drivers," he wrote in an email.

Uber's experiment comes after city council voted last week to maintain the current taxi fares.

City of Toronto bylaws prohibit drivers from charging passengers less than the meter rate, excepting only assistance for disabled or elderly people and flat rates charged for trips that go outside of the city limits.

Asked if the plan to offer discounts is legal, Guernier replied, "Ultimately, what regulation is about is protecting drivers and protecting consumers — which is exactly what our goal is here."

Uber is already facing more than 30 licensing charges, as it has been accused by the City of Toronto of operating a brokerage without a licence. Uber denies it is a taxi or limo brokerage and is disputing the charges in court.

Education

Report sheds light on decision making in Grade 8

Grade 8 students are far too young to decide between academic or the more hands-on applied courses in high school given those choices affect their future and impede low-income teens the most, says a new report.

Based on its own detailed surveys of Ontario schools, People for Education says 13-year-old kids are expected to choose a path in high school that can affect their academic achievement.

TORSTAR NEWS SERVICE

Early-childhood care

Concern over Ont. day-care plan

Ontario's former early learning adviser says he has "serious concerns" about a provincial plan to allow licensed day cares to put babies and toddlers in larger groups with fewer trained staff.

"I have a huge amount of respect for Premier (Kathleen) Wynne and I know she wants to get it right," said Charles Pascal, who advised former premier Dalton McGuinty on all-day kindergarten. "But the regulations need to reflect what we know about quality," he said in an interview.

TORSTAR NEWS SERVICE

A man works at Sears in the Eaton Centre on its last day, Sunday. CARLOS OSORIO/TORSTAR NEWS SERVICE

'Tomorrow, I'll be unemployed'

It would have been easy to miss Cecilia.

Seated on a small black bench in Toronto Eaton Centre with her legs crossed at her ankles and her shoulders slumped ever-so-slightly, the only thing you might notice about the petite woman is the look of resigned sadness etched across her face.

Cecilia waited all day Sunday to say goodbye to something which, unlike her, is very difficult to miss: Sears' flagship store, the five-storey behemoth overlooking the corner of Yonge-Dundas Square. The Toronto institution's closed its doors for the last time.

"I feel really sad," Cecilia said, barely succeeding to hold back tears. She works for Sears, although not at the downtown location, and didn't want to give her full name.

"I live here in Toronto and I was asking for a transfer here, but I didn't get it. I believe it's because they were planning this closing," she said. "I feel so sorry for the people that work here."

One of those people is Karen Marshall, who hadn't yet come to terms with what closing time on Sunday meant.

"It just doesn't seem real yet," she told Torstar News Service. "Tomorrow, I'll be unemployed."

Alongside other Sunday Sears closures at Sherway Gardens and Masonville Place in London, and impending March closures at Yorkdale Mall and Square One in Mississauga, the flagship's shutdown brings the total people who lost their jobs up to 1,095.

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Extreme ends tomorrow!

Mayor Rob Ford is surrounded by fans outside at Maple Leaf Square, where Canadian Olympic hockey fans watched Canada's 3-0 win over Sweden for the gold medal Sunday. COLIN MCCONNELL/TORSTAR NEWS SERVICE

Sunday morning shindig attracts herd of hockey fans

Gold medal game.
Even Rob Ford stopped by for a photo op

The cold didn't stop them from relishing gold.

A huge crowd of Canadian ice hockey fans hooted, hollered and hugged each other outside the Air Canada Centre after watching Canada's men blank Sweden and capture the Olympic gold medal in Sochi Sunday.

This was a party so very many people were waiting for.

With the city giving approval for bars to open at 7 a.m., and serve alcohol at the same time, the queue to enter the Real Sports bar across Maple Leaf Square from the ACC , began forming almost three hours prior to the game. And when Team Canada delivered the gold, those fans turned Real Sports, Maple Leaf Square and the downtown core into a mosh pit of Canadian pride.

Although it was -3 C, that didn't stop Ross Merlino and his friends from watching the thrilling victory on the large outdoor screen.

A huge cheer went up when Team Canada captain Sidney Crosby and the other Canadian players were awarded their gold medals. "There's no words that can describe this," said Merlino, who then came up with one: "monumental."

Toronto Mayor Rob Ford trudged through the throng of red-and-white Team Canada jerseys, soaking up attention and posing for pictures. The fist-pumping, cheering, hugging, standing on tables and shoulders and screaming carried over into the streets after the game, as hundreds of fans with hoarse voices and painted faces headed for Maple Leaf Square and Yonge Street to carry on.

TORSTAR NEWS SERVICE

CN Tower. How long will it last?

The CN Tower could one day be a very expensive demolition project, but luckily that day is centuries away.

One of the most critical components of the structure, anchors that hold steel cables that compress the concrete and give it its strength, can never be replaced.

"If you X-rayed the anchorages and found corrosion, and you couldn't engineer a solution, you'd have to take it down," said Ned Baldwin, one of the architects who worked on the tower, which was completed in 1976.

"Without it, the tower would be thrown into tension under high winds and would fall down," said Baldwin.

But the anchors were built to last at least 300 years and could last much longer, said the 78-year-old architect, in a telephone interview from New York where he lives and works.

The CN Tower also has strength from its shape: Try turning a golf tee on its head and blowing it down.

"It takes a fair amount of breath to blow it over," said the architect, who estimates it would take a 1,600 km/h wind to topple the 553-metre tower, "a wind that would never exist."

Other components in the structure have already been replaced, such as the radome, the donut shaped structure underneath the observation deck which hides and protects all the microwave dish antennas. TORSTAR NEWS SERVICE

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Mugabe celebrates 90th birthday at stadium event

Zimbabwe. The president has ruled the nation for 33 years and in July, won disputed elections for another five-year term

Zimbabwe's President Robert Mugabe, celebrating his 90th birthday before thousands of people at a soccer stadium Sunday, said he felt like a young boy and urged the nation to shun homosexuality.

"I feel as youthful and energetic as a boy of nine," said Mugabe, at the event in Marondera, 75 kilometres east of Harare. More than 45,000 people gathered at the stadium, said organizers from Mugabe's ZANU-PF party.

Mugabe gave his trademark clenched fist salute to the crowd, as he and his wife, Grace, stood at the back of a truck that drove around the stadium. Mugabe holds a giant birthday party in a different city each year, to take the festivities around the country.

Five cakes — including one weighing 90-kilograms — were served and 90 cows were butchered for the massive party, estimated to cost $1 million, according to state media.

Mugabe's actual birthday was on Feb. 21 but he was away in Singapore for a "cataract operation" on his left eye, according to his office.

THE ASSOCIATED PRESS

Zimbabwe's President Robert Mugabe, left, and his wife Grace arrive for celebrations to mark his 90th birthday in Marondera, east of Harare, on Sunday. TSVANGIRAYI MUKWAZHI/THE ASSOCIATED PRESS

Quoted

"We don't accept homosexuality here. God made men and women so they can bear children."

Zimbabwe President Robert Mugabe

Uganda. Tutu pleads against anti-gay bill

South Africa's retired Archbishop Desmond Tutu urged Uganda's President Yoweri Museveni not to sign into law the harsh Anti-Homosexuality Bill that would give up to a life sentence in jail for some same-sex relations.

Tutu, a Nobel peace prize winner, said Sunday that Museveni a month ago had pledged not to allow the anti-gay legislation to become law in Uganda. But last week Museveni said he had reconsidered and would consult scientists on whether homosexuality is determined by genetics or by a person's choice.

Tutu said he is "disheartened" by Museveni's change because there is "no scientific basis or genetic rationale for love ... There is no scientific justification for prejudice and discrimination, ever."

Tutu urged Museveni to strengthen Uganda's "culture of human rights and justice."

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People gather for prayers and to listen to speakers in Independence Square on Sunday in Kyiv. BRENDAN HOFFMAN/GETTY

Ukraine's opposition assumes parliament

Uncertain future. After a deadly political standoff, president leaves Kyiv but refuses to step down

A top Ukrainian opposition figure assumed presidential powers in Kyiv on Sunday.

President Viktor Yanukovych called the move a coup and insisted he would not step down, but his whereabouts and grip on power are unclear after he left Kyiv Friday for his support base in largely Russian-speaking eastern Ukraine.

Under a European-mediated plan, protest leaders and Yanukovych agreed Friday to form a new government and hold early elections. Parliament slashed the president's powers and voted to release his rival, former prime minister Yulia Tymoshenko, from prison.

By Saturday, protesters had taken over the capital of Kyiv and seized the president's office as parliament voted to remove him and hold new elections.

On Sunday the parliament voted overwhelmingly to temporarily hand the president's powers to speaker Oleksandr Turchinov — one of Tymoshenko's most loyal allies.

The newly emboldened parliament struggled Sunday to work out who is in charge of the country and its ailing economy.

Fears percolated that some regions might try to break away as Ukraine is deeply divided between eastern regions that are largely pro-Russian and western areas that widely detest Yanukovych and long for closer ties with the European Union.

Yanukovych set off a wave of deadly protests by shelving an agreement with the EU in November.

THE ASSOCIATED PRESS

Leaders call for democracy

U.S. President Barack Obama's national security adviser said that in a phone conversation with Russian President Vladimir Putin, the leaders agreed that a political settlement should ensure the country's unity. Meanwhile, former Soviet leader Mikhail Gorbachev said Sunday that the political crisis in Ukraine stems from its government's failure to act democratically.

Abandoned. Documents detail lavish spending of Ukraine's ousted president

Cash: $13 million. Decoration of a dining hall and tea room: over $2.5 million. Statue of a wild boar: $128,000. "A bribe": $4,400.

These are some of the expenses detailed in financial documents found in President Viktor Yanukovych's abandoned residence, which was occupied by protesters after the leader fled the capital.

After Yanukovych's departure Friday, the estate was opened to visitors. Ukrainians, many bringing their children, rushed to tour the parks and reacted with wonder and revulsion at the opulence, including Yanukovych's private golf courses, pig farm and a small zoo with ostriches and peacocks.

Meanwhile journalists combed through heaps of documents that appeared to show a leader who basked in extravagant wealth while his country sought bailouts from both the West and Russia.

Many financial and other kinds of documents had been burned, while others were dumped in a lake before Yanukovych fled his closely guarded residence, flying to the eastern city of Kharkiv, where his support base is strongest. But divers were able to retrieve many of the documents, and activists laid them out to dry.

Photos of the documents were posted online by Mustafa Nayem, a top Ukrainian investigative journalist for the Ukrainska Pravda website and Hromadske.tv online news channel. Other respected Ukrainian news outlets also reported on the documents.

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Ousted president Viktor Yanukovych. THE ASSOCIATED PRESS

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Spoke Songs. Ex-addict hopes biking helps others break out of vicious cycles

Vancouver's public bike share may have stalled, but Jonathan Orr is unstoppable.

Struggling with addiction, Orr credits receiving an old Raleigh 10-speed bicycle in 2011 as a turning point in his life.

Riding and learning to repair the bike was pivotal in his recovery, and now — with the help of PHS Community Services Society — he's developing a bike-share program for others trying to overcome their substance abuse problem.

Spoke Songs, Orr's organization that promotes the healing value of cycling, kicked off its second year in Vancouver on Friday with an opening celebration at Interurban Art Gallery.

PHS executive director Liz Evans and Jonathan Orr. COURTESY COLIN ASKEY

MATT KIELTYKA/METRO IN VANCOUVER

Farm quarantined

Pig virus found in Quebec

Quebec has confirmed a case of the pig virus that has already killed millions of piglets in the U.S., the fourth province to do so.

THE CANADIAN PRESS

Diesel fuel spilled

Train derails in Montreal

Crews were cleaning up Sunday after a CN train jumped the tracks in a Montreal neighbourhood, spilling diesel fuel.

THE CANADIAN PRESS

Liberals vote to legalize medically assisted suicide

Justin Trudeau votes on a resolution during the Liberal convention in Montreal on Sunday. GRAHAM HUGHES/THE CANADIAN PRESS

But where does the leader stand? Trudeau goes MIA as convention delegates pass 'death with dignity' resolution

Federal Liberals have voted in favour of legalizing assisted suicide, but whether Leader Justin Trudeau will run with the idea is a mystery.

Trudeau was not in the room Sunday when delegates to the party's national convention passed a resolution urging that voluntary, medically assisted death be decriminalized — although moments earlier he was outside the convention hall, cheering as the Canadian men's hockey team won gold.

He was in the room later when delegates gave him an overwhelming endorsement of his decision to kick senators out of the Liberal caucus.

In an interview with CTV, Trudeau declined to give his personal view on assisted suicide, saying he's waiting for the Supreme Court to rule on some pending cases that could provide guidance on the issue.

He did allude to the "death with dignity" resolution, jointly proposed by the party's women's and youth commissions, in relatively positive terms during a keynote speech Saturday, but stopped short of taking a clear stand.

The resolution, Trudeau said, challenges Liberals "to expand our idea of what it means to be a free citizen in a modern democracy" and "to reflect on giving terminally afflicted Canadians the choice to end their pain and suffering and plan their own death with dignity."

Voluntary, medically assisted death should be decriminalized, states the resolution — after a public consultation and an oversight system to protect the vulnerable. It passed by a show of hands after a brief debate. THE CANADIAN PRESS

Joanne Bernard, Nova Scotia's community services minister, poses at her constituency office in Dartmouth, N.S. on Friday.
ANDREW VAUGHAN/THE CANADIAN PRESS

Nova Scotia minister proves that welfare is not a dead end

From government assistance to assisting government. Joanne Bernard hopes others learn from her story and realize they have options

Joanne Bernard says Nova Scotia's welfare system doesn't have to be a poverty trap — and she should know.

In the late 1990s, Bernard was a single mother living on income assistance following a marriage breakup. Today, as the province's community services minister, she's in charge of the entire social-assistance system.

Bernard says her transformation from food-bank client to minister should serve as an example to those who think welfare is a dead end.

"When I see generations on income assistance … I want to stop that," she says, recalling the nine years she spent on welfare. "It's not a way of life. It's not a career path. It's all learned helplessness.… When you grow up with that, you don't see other options. I want to be the minister who is able to show people options."

Bernard grew up in Halifax, the only child in a stable, middle-class home.

At 23, she met a sailor from the Netherlands, starting a romance that culminated in marriage a few years later. "Within seven months, the marriage broke down," Bernard recalls.

Bernard moved in with her parents, applied for income assistance and decided to earn a degree at Mount Saint Vincent University in Halifax.

"I never looked back," she says. She soon moved out of her parents' house and took advantage of every support program available. "I very quickly learned that this was an investment in myself, and that's how I approached it."

Bernard ran for the Liberals and won the riding of Dartmouth North in the general election last October.

THE CANADIAN PRESS

Quoted

"I realize that many people go on (welfare) and feel that their power has been taken away, but I was the opposite."

Joanne Bernard, Nova Scotia's community services minister

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An RRSP plan for every stage of life

HOW TO ROLL
Alison Griffiths
metronews.ca

In a perfect world there would be no either-or financial choices. You would have piles of disposable income available to funnel regularly into retirement and education savings, non-registered investments and debt payments.

Alas, the world isn't financially perfect. At this time of year there are multiple calls on every savings dollar. Here are three age-specific RRSP strategies.

Under 45?
Contribute the maximum possible to an RRSP through automatic deposits. If you have children, use the annual refund for education savings (RESP). If you are still short of $2,500 annually per child (which attracts the maximum Canada Education Savings Grant of $500 annually), review the household budget to free up more cash. Cutting five to 10 per cent of spending isn't usually too painful.

But if high-interest debt is hanging around, pay it down with the refund.

Those without children should devote the refund to debt.

Over 45?
Focus on your future. There's still time to boost retirement savings but don't put it off any longer.

Increase RRSP savings even if that means chopping a vacation or reducing or stopping RESP contributions.

Deposit any refund into an RRSP. However, if there is high interest debt eliminate it first, then channel extra money into retirement savings.

Over 60?
Yes, there is still time to save. Don't borrow to contribute to an RRSP. It's too risky.

At this point, getting rid of personal and mortgage debt is critical. If you cannot increase payments, skip RRSP contributions until debt is manageable based on your expected (not current) post-retirement income.

Those with larger RRSP or other pension accounts should maximize TFSA deposits or save in a non-registered option for post-retirement flexibility and to reduce taxes.

RRSP facts

- Just 24 per cent of eligible tax filers make RRSP contributions. Of that group only one-third maximize their annual contributions.
- 72 per cent of Canadians have unused RRSP contribution room.

California dreams felled by drought

A worker with a removal firm looks at a tree as he manages a crew that removed an almond orchard in California this month. The state's drought has forced farmers to remove some almond orchards earlier than usual because they don't expect to have enough irrigation water.
THE ASSOCIATED PRESS

'Free' downloads could cost you

A Canadian Internet service provider has been ordered to hand over the names and addresses of about 2,000 customers who allegedly downloaded movies online.

A Federal Court decision released Thursday compels Ontario-based TekSavvy to identify the customers allegedly linked to downloads of films by the U.S. production company Voltage Pictures, which is behind the likes of The Hurt Locker, Dallas Buyers Club and Don Jon.

Voltage Pictures is behind such films as Dallas Buyers Club. CONTRIBUTED

As a result, those TekSavvy customers could eventually receive a letter from Voltage threatening legal action. Under the federal Copyright Act, statutory damages for non-commercial infringement range between $100 and $5,000.

"It's going to be up to the courts to decide what the appropriate penalty is," said Voltage's lawyer James Zibarras.

"Obviously the public has almost become accustomed to downloading movies for free and it's being done on a massive scale. And of course the public loves justifying what they're doing and when someone tries to stop it they invariably want to come up with arguments as to why it should not be stopped."
THE CANADIAN PRESS

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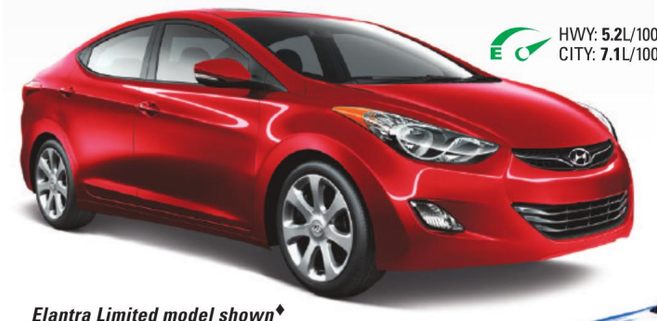

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WHAT FORD CAN TEACH HIS RIVALS

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

Aspiring candidates for Toronto's highest municipal office could learn a thing or two from Mayor Rob Ford.

And I'm not just talking about the obvious. Sure, Ford is all kinds of cautionary tale: A reminder that public officials probably shouldn't smoke crack, lie about it, become the subject of a police investigation, lose their powers and then try to wipe the slate clean by going to the gym. But focusing on Ford's escapades means ignoring that the mayor still has some game when it comes to campaigning.

There are pages from the Ford campaign playbook that his opponents need to understand — and steal.

Start with this one: He speaks plainly. Sure, he often says offensive things, but stack Ford's plain-spokenness up against your average politician who talks for hours without taking a firm position on any issue and Ford's candour starts to look refreshing.

Then there's the matter of the small stuff. I wrote about how important neighbourhood issues are to municipal politics a few weeks back. Ford is the king of that kind of small stuff — responding to constituent complaints all across the city.

Objectively, Ford's strategy is actually pretty terrible for Toronto. In an ideal world, the mayor would be spending his time working to implement policy that reduces the number of issues Torontonians are seeing across the board. But instead Ford just takes a whack-a-mole approach to things. While he's personally dragging senior city staff off to a corner of the city to hammer down a problem, six more problems are popping up somewhere else. He'll never get ahead.

But still, I've talked to dozens of people this term who had Ford come to their house to help with a problematic fence or a fallen tree. They won't ever forget it. They'll vote for him for decades to come. Ford's small-scale personal approach is lousy governance, but it's good politics.

Speaking of good politics, the last move Ford opponents should steal from his campaign playbook may seem like an obvious one, but it's the most important: They need to remember just how big and diverse this city is.

It's easy to impress journalists like me with a policy announcement. And it's pretty easy to get Bay Streeters and policy wonks on side. It's harder to make someone who has always been marginalized feel like you actually care about them.

Ford's election came after he spiked voter turnout by more than 10 points over previous elections. He inspired people. People who had previously felt frustrated by politics and ignored by politicians. Three years later, after all the scandals, it's easy to forget that — and way too easy to forget the people he was able to reach.

The common touch

Ford's small-scale personal approach is lousy governance, but it's good politics.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

ZOOM

Panda hangs out slide-side

IMAGINECHINA/REX

Panda cub lives life on the edge

It's time for some panda playdown at Chimelong Safari Park in Guangzhou, southern China.

The six-month-old giant cub called Long Long seems to be freestyling with his very own version of toy-slide parkour.

These cute critters are known for their playtime antics with one YouTube video of sliding pandas reaching almost six million hits.

METRO WORLD NEWS

In danger

- Experts estimate there are only 1,000 giant pandas living in the world, thanks to human destruction of their habitat in search of natural resources. The majority are found in China.
- The creation of 14 new panda reserves in China brings the total number of facilities to 26.

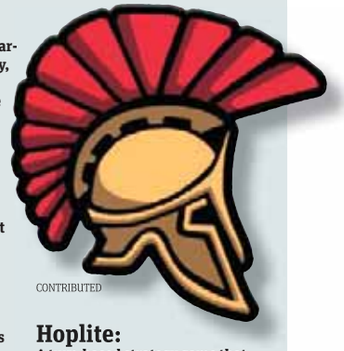
Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Well, the Olympics are over and now we all have to turn back to old-fashioned ways to while away the hours. Here are a couple of mobile games to help solve that problem.

Threes:

After the abrupt demise of Flappy Bird, Threes is easily the current darling of the App Store. The gameplay, boiled down, consists of sliding boxes around your screen to create factors of three. Sounds terrible, right? Incorrect. Things can get quickly out of control as your actions force other blocks into shifting about the screen, laying waste to best-laid plans. Ugh. That still sounds weak. You just have to see it in action. It's the ultimate mobile game. (iOS/$1.99)



CONTRIBUTED

Doctor Life:

If Threes sounds a little hectic, this gentle hospital sim eases you into things with a basic tutorial on how to make your pocket clinic run smoothly. Diagnose patients, succeed at random challenges and expand your hospital to become the premier fake health-care institute in your fake community. (iOS/$2.99)

Hoplite:

A turn-based strategy game that tasks you with moving troops across a hex-based grid, battling any obstacles that try to put a damper on that march. The graphics couldn't be much more basic, but the randomly generated levels ensure infinite replay potential. (iOS/$1.99)

Twitter

@metropicks asked: What would you say to the mom who bought 19 'indecent' T-shirts after a store refused to remove them from display?

@ctmwyn: All the power to this move. I would even suggest returning the purchase at the same location.

@Canucklehead_ca: Overheard minutes later at store HQ: "They're FLYING OFF THE SHELVES there - send them a TRIPLE orders ASAP!!!"

@SteveDodd: Next stop for her: Source Adult Video.

Follow @metropicks and take part in our daily poll.

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E-books

Brian Cox's Wonders Of Life

By. Brian Cox

iPad

MIND THE APP
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It's like falling down Alice's rabbit hole by way of Google maps. This companion book for the BBC TV series (now playing on TVO, and on the video player at ww3.tvo.org/video) beautifully envelopes its scrolling pages within immersive animation and video layers revealing the physics of monarch butterflies, robber crabs, and bent-wing bats amongst others. Cox's journey contemplates these underlying processes as exquisite insights into life itself.

Box office

Lego holds strong lead at the box office

The Lego Movie continues to lead at the box office in its third weekend, besting 3 Days to Kill and Pompeii on their opening weekends. The film earned $31.5 million US, according to studio estimates Sunday.

THE ASSOCIATED PRESS

Taking on a task of biblical proportions

Son of God producer Mark Burnett, left, on the set with actors Darwin Shaw and Diogo Morgado. Son of God opens on Friday. CONTRIBUTED

Son of God. The man behind Survivor and The Apprentice takes a leap of faith with a project that's personal

STEVE GOW
scene@metronews.ca

He may have helped create television hits like The Apprentice and Survivor but Mark Burnett hates the term reality TV. Instead, he prefers to call his work non-fiction storytelling. Now marking his big-screen debut with Son of God — in theatres next Friday — the question is how does the famed producer describe an epic movie about Jesus Christ?

"This is just a full-on feature film for the big-screen. It just happens to be a true story," explained Burnett during a recent interview with his wife and co-producer Roma Downey in Toronto. "With us, it is our faith."

The story of Jesus has certainly proved its endurance upon western culture, noted by Burnett in the multitudes of multi-generational art and movies that have been made about Jesus.

In particular, the devout co-producing pair felt responsible to ensure the miraculous story measured up to the rest of pop culture's productions.

"Somehow every decade, (old Bible stories) come back on, and they beat current programming," said Burnett who points out that his successful History Channel mini-series The Bible (on which much of Son of God was based) helped prove the power of faith-based entertainment.

"Clearly the Holy Spirit translates."

Burnett may have brought extensive productions like Survivor to air, but he and Downey knew taking on the narrative of Jesus of Nazareth was going to be an especially enormous task. What the duo perhaps didn't anticipate was the emotional attachment to making a project like Son of God.

"We've been invested in all the jobs we've done and we've always tried to bring our very best to those jobs, but this is different," admitted Downey.

"This isn't just bringing the best of us. This is infusing not just what we do so it resonates through everything. It's deeper than everything. It's more meaningful."

Behind the scenes

- **Tough shoots.** "The most challenging to film was the crucifixion sequence," admitted Roma Downey. "Even though we were just recreating it, the brutality of it, the inhumanity of it, the suffering of it (was) so upsetting for everybody."
- **The supporting cast.** "Nobody's presented as perfect people. (The Disciples) didn't know they were in the Bible. They were just real people living their lives in enormously challenging circumstances and very dangerous times, looking for hope," says Downey.

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Kate Hudson ALL PHOTOS GETTY IMAGES

With an ocean between them, Kate Hudson and British beau drifting apart

Despite being engaged for nearly three years and sharing a two-year-old son, Kate Hudson and fiancé Matt Bellamy might be headed for a split, according to the New York Daily News. "Matt is pretty down-to-earth and happy in England, while Kate is very L.A.-focused," a source says. "They are leading separate lives. It hasn't been working out the way they planned and they've been trying very hard for the sake of their son." While a rep for Hudson denies the rumours of trouble, she and Bellamy have not been spotted together in months.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Stevie Nicks pens Game of Thrones fanfic

STARGAZING
Malene Arpe
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Stevie Nicks says that she's a huge fan of Game of Thrones and has written a poem about each of the characters. Suddenly I feel less proud about my own Jamie Lannister and Hound fan fiction.

The president of Clowns of America International says that the world is facing a clown shortage because young people just aren't that interested in becoming clowns. "That's clearly not true," said reps for Shia LaBeouf and Justin Bieber.

A Miley Cyrus fan throws a thong on stage during a Tacoma show and Miley puts it in her mouth. That's disgusting and could lead to the spread of disease, but we're happy to report that the thong is OK.

Lupita Nyong'o

Lupita Nyong'o calls Jared Leto dating rumour 'crazy'

She's still fairly new on the scene, but 12 Years a Slave star Lupita Nyong'o is sure getting the hang of this fame thing. She's even laughing off her first tabloid rumour: that she and fellow Oscar-nominee Jared Leto are dating. "But I thought Miley Cyrus broke us up. That was the last thing I heard," Nyong'o joked to Ellen DeGeneres during an interview. "It's crazy because when I read these rumours, I mean, they're so detailed that even I start to question if they're true or not."

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Hmm... Fan flames of financial ruin, or line that nest egg? ISTOCK

Have you ever heard the term "burn rate?" It refers to how fast you burn through your money.

It's a term borrowed from the corporate world that refers to the rate at which a new company uses up its venture capital to finance overhead before generating a profit.

As consumers, we are whipping through our money at such a clip that we need a new term to describe our total lack of self-control and inability to see the future consequences.

Nobody has been paying much attention to the idea of cash management in the last… well… EVER. In fact, most people who talk about financial planning don't even bring up the idea of cash management.

What is cash management? It's exactly what it sounds like. It's the management of your cash on a day-to-day basis. It's what I focus on when I work with people to get them back in touch with their money and keep them focused on managing it so it doesn't run out.

Cash management has traditionally been the domain of bankers, but bankers are doing such a crappy job of dealing with this area of their customers' financial planning that some investment houses jumped on the bandwagon a while back. It was short-lived.

Too bad. No doubt their initial enthusiasm spoke to the lack of investing that's resulting because of all that debt out there. After all, if your credit cards, lines of credit, car loans — however it is you've chosen to borrow — are now eating up $300, $500 or $700 a month in interest, how could you possibly have money to invest? Of course, the investment houses didn't do a much better job of this whole cash management thing than the banks do. Sigh. Sometimes I feel like a lone voice in the wilderness.

In all the TV shows I've made, and there have been over 180 episodes, I have never worked with anyone who didn't have to change their lifestyle to change their outcome. If you could just keep doing the same old, same old, without creating problems and wreaking havoc on your family's peace of mind, then nobody would be talking about it. And we certainly would not have needed to adapt the term "burn rate" to describe our rabid spending.

So, there is a big problem. And it's not going to go away until we admit that we've made some mistakes and commit to doing things differently.

People can get out of debt; it takes determination and gumption. People can live within their means; it takes planning and discipline. People can be happy NOT spending money; it takes having a real life.

Do you want to blithely shop yourself into the financial dumper, or do you want to become fully conscious of how you're using your money so that you can make it work for you? Wouldn't it be nice to not have to work any harder than absolutely necessary to have the life you want?

While small savings may seem inconsequential compared to the pleasure you derive from spending the money, that's a very shortsighted approach to using money as a tool. Sure, $5 a day on coffee and snacks may not add up to a whole helluva lot in five or 10 years, but the more than $75,000 you have after 30 years (assuming just a two per cent return) is much better than the alternative: zilch. Manage even one per cent more in return over the 30 years and you'll have almost $90,000. That'll go a long way to making your life more comfortable in the future.

Still not convinced? Well, since the average Canadian receives about the same from Old Age Security and the Canada Pension Plan, you can look forward to an income of about $12,000 a year if you don't take some steps today. Imagine living on $12,000 a year right now.

Did you just shiver?

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

How to calculate your 'burn rate'

If you've decided to take charge, why not calculate your burn rate? It'll take about a week, and here's how you do it:

1. Make yourself up a tracking sheet. Put the days of the week across the top and some typical categories down the left-hand side. Include stuff like coffee, snacks, lunch, cigs, gas, magazines, newspapers, ... everything on which you spend money in a day.
2. Leave lots of blanks on the left because you'll be amazed at what you'll add when you see all the places where you're spending money.
3. As you go through your week, write down what you're spending. You're going to add it up, so there should be a column on the far right for Total Spent for the week for each category you've included on your worksheet.
4. Identify the point at which you spent $100 on non-essentials. That's your burn rate. Did it take you a whole week? Five days? Less than three days? What were your biggest areas of weakness? Eating out? Kids or grands? Bad habits?

- **Are you surprised at what you're spending?**

METRO CUSTOM PUBLISHING

Tax Talk

Need Advice?
Caroline Battista
Tax Analyst at H&R Block
H&R BLOCK

Family Finances: Common-Law Taxes and Childcare

Q Our childcare receipts are in my husband's name. How do I claim them?

A It depends. Childcare expenses have to be claimed by the lower-income spouse—with a few exceptions. Unless one of the exceptions applies to you, the lower-income spouse gets the deduction. So it doesn't matter whose name is on the receipt; it is based on income. Make sure you keep all the receipts with your tax files. Childcare expenses can add up to big tax savings but they are also one of the most commonly reviewed claims. If you don't have receipts, the CRA can deny your claim.

Q My partner and I have been living together for 12 months but keep our finances separate. Do we have to claim common-law?

A Yes. The CRA has specific rules and they do not involve how you manage your bank accounts. If you have lived together for 12 continuous months, you are common-law for tax purposes. If you have a child together, you are common-law as soon as you move in together. Claiming common-law does not mean you pay more tax, but benefits like the GST/HST will be calculated based on household income. Both of you still file your own return but you can pool medical and charitable donation receipts to maximize your savings.

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Turn the usual helping hand on its head by looking to the newbies for know-how

Perhaps as a seasoned employee you aren't sure how best to make use of new social media platforms. Letting a younger colleague show you the way will increase your knowledge while boosting their self-esteem. ISTOCK

Fresh ideas. Get a new perspective on your business with reverse mentoring

Are you looking for guidance? Ready to learn new skills? If so, reverse mentoring might be right for you.

Traditionally, mentors are older and more experienced than their mentees.

Reverse mentoring uses a different approach: younger or less experienced employees act as mentors to the older or more experienced employees or business owners.

For example, a recent graduate may not have many years of experience, but as a mentor, they will be able to share the latest advances in their field of study.

A reverse mentor could also help you successfully tap into new ways of doing business like using social media to reach your customers, recruiting younger employees, or introducing new technologies to the workplace.

A successful reverse mentoring program could help you:

- Tap into your employees' energy and creativity;
- Become more tech-savvy;

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- Boost employee engagement and commitment;
- Give your junior employees valuable experience;
- Foster cross-generational knowledge sharing;
- Identify future leaders.

If a reverse mentoring relationship is right for you, these tips can help you make it work:

- Set clear goals and identify areas where the mentee is seeking guidance;
- Keep an open mind and be ready to share your thoughts, ideas, questions, and concerns;
- Make sure that both parties are comfortable with their roles.

NEWS CANADA

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A survey by Epson Canada has revealed that Canadians identify with Superman and Wonder Woman as their work alter egos

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The results revealed that Canadians are committed to their work and that a majority of men (35.9 per cent) identify with Superman at work while a majority of women (21 per cent) identify with Wonder Woman.

METRO

'Round the world wisdom

Add a few unique strides to your step and walk off the winter woes

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

February may be affecting your smiley face, but it's up you to turn it around.
ISTOCK

I started training for the Gobi March just before the 2008 holidays and six weeks in, I had created new habits that were nourishing me mentally and paying off physically. Then, February arrived with its shorter, sunless days and cold temperatures and I continued running outside in the leafless frozen forest.

All around me the blahs were in full motion. I was tired, too cold and felt I couldn't keep my New Year's resolution. Soon enough, I started thinking about pulling out of my own Gobi project.

I realized I had grown completely bored of my training routine.

I decided to turn everything upside down, hoping for a kick of new energy: I sold my car and started using transit for the first time in 25 years and once on the subway, I would race walk strangers on the escalators just to amuse myself. I stopped using elevators and walked up to my meetings. I got rid of my chair at work and started working standing, which changed the dynamics of my internal meetings to be stand-up meetings only.

I changed my running routine and mixed it up with other peripheral activities, usually tethered to an MP3 player with uplifting music. When March arrived, I was again carrying momentum; I had escaped the February blahs.

This year's record cold is affecting many people — so if it's getting to you, you're not alone. Just consider changing things up a little.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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Herbivores, rejoice! Chili goes vegetarian with a double hit of meatless protein

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Chili has to be one of the most versatile, healthy and easy foods to prepare during the winter.

Since vegetarianism is on the rise, you can use ground soy to replace the beef protein that is traditionally used in chilis. The addition of quinoa makes this a complete meal. You have a double hit of protein with the soy and quinoa. If you are not a vegetarian, you can substitute the soy for ground chicken, turkey, pork or beef.

Also, any variety of beans work well. Canned beans versus home cooked beans have excess sodium. One cup (250 ml) has 900 mg of sodium, while home-cooked beans have none.

To reduce the sodium by one-third, rinse the canned beans three times. To cook your own beans, use the quick-soak method. This entails bringing the dry beans and water to a boil, then covering and boiling for one minute. Remove the covered pot and let sit for one hour. Drain, and add cold water to cover the beans and simmer, covered for 20 minutes or just until beans are cooked.

Serve the chili in a large serving bowl and place the accompaniments in small bowls so your guests can serve themselves.

FLASH FOOD

From your fridge to your table in 30 minutes or less

Ingredients

- 2 tsp vegetable oil
- 1 cup chopped onion
- 2 tsp chopped garlic
- 1 lb of ground soy
- 2 tsp chili powder (or to taste)
- 1 1/2 tsp dried basil
- 1 tsp dried oregano
- 1/4 cup quinoa
- 2 1/2 cups homemade or store-bought tomato sauce
- 1 1/2 cup low-sodium vegetable stock
- 1 19 oz can red kidney beans, drained and rinsed
- 1/4 cup reduced-fat sour cream
- 1/4 cup shredded aged cheddar cheese
- 1/4 cup chopped green onions
- 1/4 cup chopped fresh basil or parsley

This recipe serves six. ROSE REISMAN

Directions

1. Lightly coat a large saucepan with cooking spray, add the oil and set over medium heat. Add the onion and garlic and sauté for 3 minutes. Add the soy, chili powder, basil and oregano and sauté for another 5 minutes.

2. Add quinoa, tomato sauce, stock and kidney beans. Cover and simmer for 15 minutes or until the quinoa is tender.

3. Serve in bowls and garnish with the sour cream, cheddar cheese, green onions and basil.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

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The 2014 Spring Study and Go Abroad Fair will feature top-ranked universities from Australia, U.K., U.S., Switzerland, France, Italy, Germany, Caribbean and other countries, as well as a host of student travel organizations promoting gap year options and experiential travel for students of all ages. Admission is free.

Self-awareness, an understanding and appreciation of other cultures, and problem-solving are just a few of the many life skills students learn while studying or travel abroad. These and other skills can differentiate graduates from their peers when applying for jobs. Students and their families visiting the Study and Go Abroad Fair can meet with top-ranked universities from around the world to find out about diploma programs, undergraduate and postgraduate programs abroad, as well as available scholarships.

Exhibiting institutions, several of which rank in the top 100 universities worldwide, will be showcasing programs in medicine, pharmacy, engineering, hotel management, business, technology, science, film studies and culinary and liberal arts, and many other fields. Visitors who are planning a gap year to work abroad, volunteer, intern or simply travel, can visit the Travel Zone.

The expo is open Sunday at the Metro Toronto Convention Centre from 1-6 p.m., but visitors are encouraged to arrive early at noon to catch the first free seminar of the day on how to access more than $100 million worth of scholarships for post-secondary studies.

More information can be found at studyandgoabroad.com, along with details of the grand prize draw.

Money 101. Two couples, one year to make them richer

The financial mission continues

In January, I introduced you to two couples on a mission to improve their finances. Throughout 2014, I will be digging into the details of each couple's money matters and offering advice to make them wealthier in less than 12 months. Since their financial debut one month ago, Anne-Marie and Peter and Carolina and Jose, have been making tremendous progress on their financial homework assignments. – Lesley-Anne Scorgie/For Metro

Anne-Marie & Peter recap

- Location: Toronto
- Ages: 36 and 33
- Occupations: Broadcasting and sports editing
- Total household income: $110,000
- Net worth (January 2014): $66,000
- Life stage: Expecting their first child in June 2014
- Top goals for 2014: Pay off debt, start a savings program for child's education and down payment on first home
- Homework from last month: Simplify their budget, determine the value of home they can afford and research Anne-Marie's pension plan.

PRESSMASTER/SHUTTERSTOCK

KZENON/SHUTTERSTOCK

Carolina & Jose recap

- Location: Calgary
- Ages: 33 and 31
- Occupations: Stay-at-home mom and roofing
- Total household income: $55,000
- Net worth (January 2014): –$32,500
- Life stage: Three daughters aged five, two and eight months
- Top goals for 2014: Pay off debt, buy a house and visit family
- Homework from last month: Put together their very first budget using a free budget template and budgeting resources. And determine the value of a home they can afford.

Anne-Marie and Peter

LESLEY-ANNE SCORGIE
For Metro

Anne-Marie and Peter set out on a mission to simplify their current budget and find ways to cut back and save. They examined everything from the interest rates on their MBNA credit cards — both of which have introductory rates less than prime, which is super low — to their Internet and cable bills, and monthly gym membership. They also took another look at the money they currently set aside for trips.

As the couple prepares to welcome their first child, they are conscious about planning ahead for when Anne-Marie's income is reduced while she is on maternity leave.

Their current budgeting game plan is to tighten up their expenses through some frugal best practices and use that money to pay off as much debt as possible and prepare a mock maternity budget. Anne-Marie and Peter expect they will have to reduce the amount of money they typically allocate toward their debt reduction once the baby arrives.

Also weighing on their minds is the couple's hope to begin saving for a down payment to buy a home while continuing their retirement savings plans.

Anne-Marie and Peter sat down with a mortgage broker and determined that, with a 10 per cent down payment in hand, they would be able to comfortably afford to buy a home valued at up to $450,000.

THEIR HOMEWORK

As part of their homework for next month, Anne-Marie and Peter plan to open tax-free savings accounts (TFSA). Similar to their existing RRSPs, TFSAs are great tools to save for retirement and for a down payment because the money the couple contributes to their TFSAs grows tax-free.

TFSAs are also great when it comes to saving for what-if expenses, which have a way of popping up when children arrive. Once their accounts are set up, we plan to review their budget and carve off money to put toward saving for their down payment.

Turning back to retirement planning, Anne-Marie has the opportunity to continue her pension savings while on maternity leave and has elected to do so. As RRSP contributions are due March 3, to count toward the 2013 tax year, Anne-Marie and Peter are also planning on making a contribution of between $300 and $500 each on their RRSPs.

Wondering how stuffing money into an RRSP helps achieve primary goals of debt reduction? The link is simple: An RRSP contribution now will reduce their taxes, and in Anne-Marie and Peter's case, will most likely result in a refund during tax time, which can then be applied to the couple's debts.

Also on their to-do list before March is to sit down with a professional tax adviser and myself to prepare for, and optimize, their tax benefits.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Carolina and Jose

Between managing an incredibly busy household and working long hours in the roofing business, Carolina and Jose met with me earlier this month to establish their very first budget.

We documented their sources of income, primarily Jose's full-time job and child tax benefits totalling a little more than $3,600 after taxes. We then carefully examined their expenses.

Besides paying $1,600 in rent to Jose's parents each month, the couple's second largest expense is their grocery bill, which is approximately $600 each month, followed by their car payment, insurance and fuel totalling $550 per month. Debt repayment, school fees, medical expenses, cellphone and utility bills account for the remaining portion of their budget.

Thankfully, the couple is incredibly frugal and relatively debt averse, so they manage to pay for their household expenses using cash from their bank account while avoiding racking up their credit card.

With a little investigation and firm negotiation, Jose was able to reduce their cellphone and insurance bills, resulting in savings of $100 each month.

Carolina set out to further reduce their monthly grocery expenses by at least $50 through pre-planning, couponing and buying bulk items.

THEIR HOMEWORK

With those savings, the couple has decided to focus two-thirds on paying down their debts and one-third on beginning a small savings plan, which could be used toward an eventual down payment on a home. Between this month and next, Jose and Carolina will also open their first RRSPs and tax-free savings accounts.

Carolina and Jose are committed to sticking to a budget by carefully tracking their expenses. Using an accordion file folder, the couple plans to keep track of all receipts and reconcile those with their budget every three days to ensure they are keeping on track.

Two other important topics came up in my conversation with Jose and Carolina. The first was their strong desire to make progress toward ridding themselves of debt.

So to make a sizable dent in it, I have challenged the couple to raise $500 by selling some of their possessions through an online classified ad website. That money will be enough to pay off Jose's lingering student loan. My second challenge to Jose was to start the process of exploring opportunities to find a higher-paying job.

The second important topic that surfaced was Carolina's "mommy guilt." Carolina never spends money on herself, not even treating herself to a fancy coffee once in a while. Instead, she forfeits small indulgences for her children and husband. I have encouraged Carolina to reward herself, guilt-free, in small ways from time to time. This will be helpful for her mental health and her marriage.

This coming month, Jose and Carolina will receive professional tax advice to ensure they are taking advantage of every opportunity to cut their tax bill.

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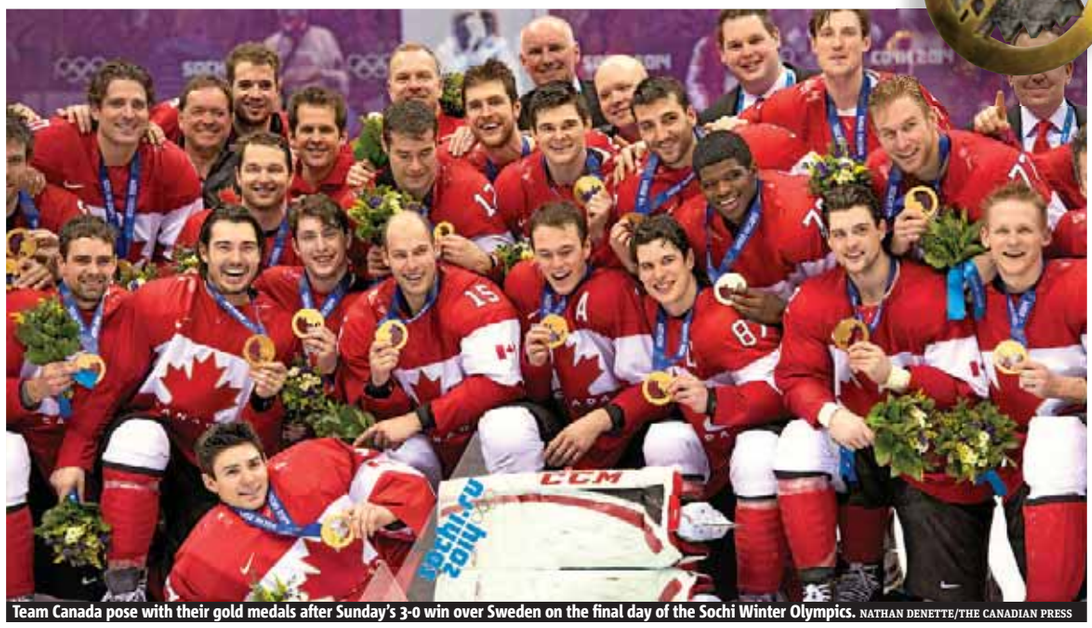
SPORTS 4

Golden sunrise

Transcendent team effort. Men's hockey team successfully defends gold as sun sets on Sochi Games


Team Canada pose with their gold medals after Sunday's 3-0 win over Sweden on the final day of the Sochi Winter Olympics. NATHAN DENETTE/THE CANADIAN PRESS

As Team Canada prepared to go on to the ice for the third period against Sweden, 20 minutes from an Olympic gold medal that felt inevitable, Ryan Getzlaf was loose enough to poke some fun at coach Mike Babcock.

"He said: 'It's all about the ball hockey, guys. It's all about the ball hockey,'" Babcock recalled.

The journey started with ball hockey at the team's Olympic orientation camp in August, and it ended Sunday with a gold medal. For the past six months, from executive director Steve Yzerman to Babcock to the players, there was a businesslike approach to defending the gold medal, and in Sochi the result was a Canadian team that steamrolled its competition.

"We had a gold medal summer camp, we had a gold medal selection process," Babcock said. "All that does is give you a chance, and anybody who's been at these Olympic Games knows how hard it is — basically impossible — to win. And for us to be able to execute on the biggest stage and play the way we did and there was a lot of complaints early we didn't score. I thought we were dominant."

Canada never trailed, and there was not one second this team looked like it was in danger of losing.

Jeff Carter called what Canada was able to do for six games a "defensive clinic." Three goals allowed, including none in the final two games, makes that an understatement.

Beating Sweden 3-0 Sunday exemplified everything Canada did right. The Swedes couldn't generate anything because — as defenceman Alex Pietrangelo said — other teams can't score if they don't have the puck.

Swedish coach Par Marts found that out first-hand.

"Canada was much, much better this day," Marts said. "I think they played at a higher tempo, kind of frustration in this team."

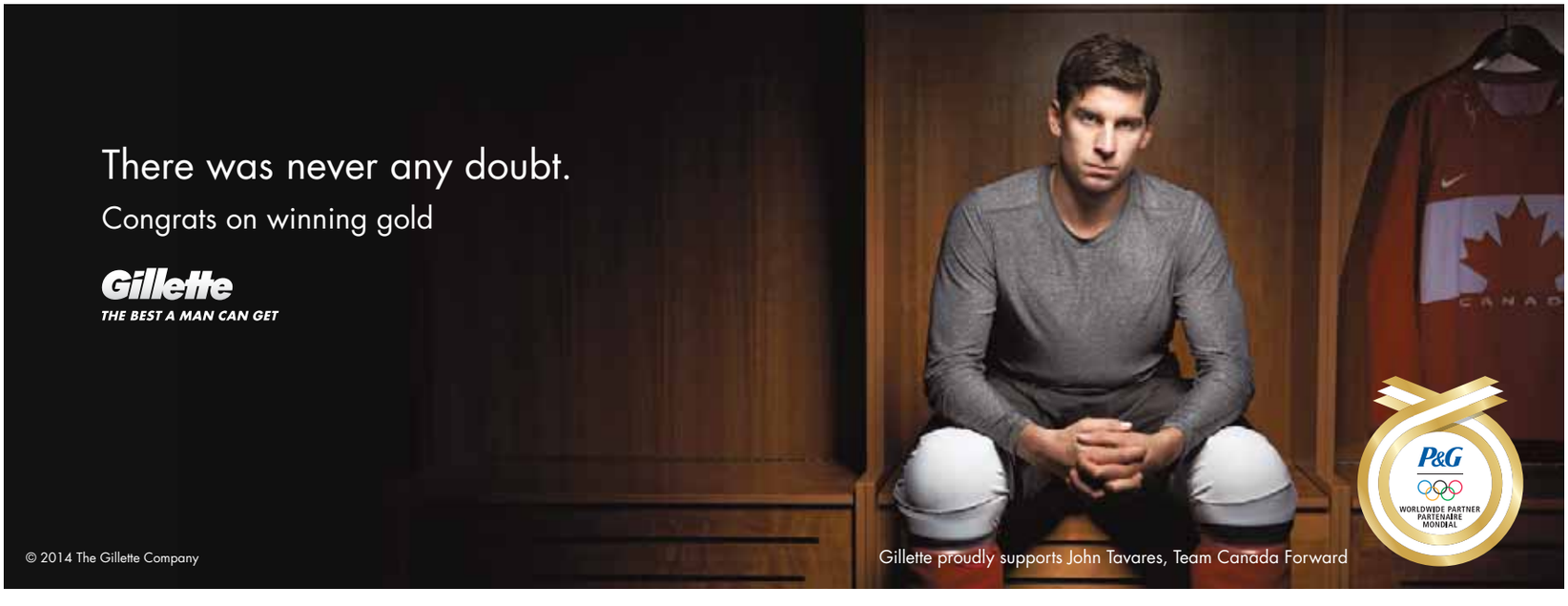
It was never about who Canada was playing and always about what Babcock and his players wanted to do. Yzerman looked back over the past 40 years of Olympic, World Cup and Canada Cup teams and couldn't think of another group that dictated the play to opponents more than this one.

"As far as defensively, pucks staying out of the net, quality scoring chances, shots on goal, it was a pretty dominant performance by these guys," Yzerman said.

The Canadians' organized, fundamental style made them unbeatable.

"It is amazing to see the guys that have the raw talent and ability to commit themselves to doing all the little things right," said Jonathan Toews, who scored the winner against Sweden. "We knew that's what it was going to take in this tournament to win the championship. And guys were willing to do that. So I would say it's a great team to be a part of and unlike any other team I've really been a part of."

This was unlike any other Canadian team at least since NHL players began participating in 1998. This wasn't about 17 total goals over six games or who scored them — it was about doing what it took to win. THE CANADIAN PRESS



Canada falls short of tall medal order

Bobsledders Kaillie Humphries, right, and Heather Moyse carry the Canadian flag into the stadium for closing ceremonies at the Sochi Winter Olympics on Sunday. ADRIAN WYLD/THE CANADIAN PRESS

Sochi 2014. Vancouver total of 26 a tough act to follow in Russia

Canada fell a medal short of "maintaining the gain" at the Sochi Olympics.

The host team's 26 medals four years ago in Vancouver set a new Winter Games standard.

Canada's 220 athletes departed Russia with 10 gold, 10 silver and five bronze for 25 total, compared to 14 gold, seven silver and five bronze in 2010. Their performance was capped by the men's hockey team defending the gold Sunday with a 3-0 win over Sweden.

Canada finished fourth in the overall medal standings and third in gold medals. The stated objective by Canadian sport leaders was to win more medals than any other country.

But it was host Russia that stormed the top of the table on the final weekend to finish with 33, ahead of the United States at 28 and Norway with 26. The Netherlands was fifth with all 24 medals earned in speedskating.

Beating or even matching the 2010 performance was going to be a tall order for Canada without home-ice and home-snow advantage. The Canadian team came close thanks to five medals won in new sports introduced in Sochi.

"We asked our athletes to contend," chef de mission Steve Podborski said Sunday. "Our athletes have done so. It's not easy. Sometimes it doesn't work very well at all. But they stood up. They stood together."

On Sunday morning Canada sat only four medals back of Russia in first place. But the gap was considerably larger by the end of the day.

Russia's final surge Sunday included a podium sweep in the men's cross-country race and another medal in bobsled. After a dismal 2010, the host team scooped up seven medals on the final weekend to claim the overall pennant. "Russia nailed it," said Caroline Assalian, the COC's chief sport officer. THE CANADIAN PRESS

Expanded field

There were 36 more medals to be won in Sochi than at Vancouver 2010 because of new events introduced.

- **The new events.** Canada claimed bronze in men's snowboard slopestyle, silver in team figure skating, gold and bronze in women's ski slopestyle, and silver in men's freestyle halfpipe.
- **Freestyle.** Our freestyle team drove the medal count with nine, including skicross. The freestylers won six of the first nine medals that put Canada briefly atop the standings.

Openly gay player

Jason Collins on Nets contract: NBA pressure is enough

Jason Collins became the NBA's first active openly gay player Sunday.

Collins signed a 10-day contract with the Brooklyn Nets earlier Sunday and coach Jason Kidd said he would play in their game in Los Angeles against the Lakers. The 35-year-old centre revealed at the end of last season he is gay, but he was a free agent and had remained unsigned.

Speaking at a crowded press conference, Collins said he was aware of the magnitude of his signing, but repeatedly said he was most concerned with learning the Nets' plays.

"The pressure is playing in an NBA game tonight and last time I played in an NBA game was last April," Collins said. "So I think that's enough pressure right there."

Collins helped the Nets reach two NBA Finals in the early 2000s.

"The decision to sign Jason was a basketball decision," general manager Billy King said in a statement.

THE ASSOCIATED PRESS

NBA. Lowry waves his wand in the 3rd vs. Magic to move Raps to 31-25

Toronto point guard Kyle Lowry had 17 points in the third quarter as the Raptors pulled away from the Orlando Magic en route to a 105-90 win at the Air Canada Centre on Sunday night.

Lowry, who was just 1-for-7 from the field in the first half, hit all five of his attempts in the third quarter. He had four from beyond the arc in the period, including a 25-footer at the buzzer that brought the crowd of 17,435 to their feet.

Lowry scored the final 14 points for the Raptors in the third quarter and the first two of the fourth quarter as Toronto stretched a three-point halftime edge into a lead of 18 points.

Lowry finished with 28 points as the Raptors (31-25) won for the second straight game and fifth time in their last six outings. Toronto is six games above .500 for the first time since Feb. 24, 2010, when they were also 31-25.

Lowry, who set a new career-high with his 130th three-pointer of the season on Friday, now has 134.

DeMar DeRozan added 24 points for the Raptors, who had five players score in double-figures.

Kyle Lowry drives to the basket. CHRIS YOUNG/THE CANADIAN PRESS

Tobias Harris matched Lowry's 28 points to lead Orlando (17-41), which dropped to 3-26 on the road this season.

The Raptors, who shot just 41.7 per cent from the field in the first half, were 12-for-14 in the third as they widened their lead to 80-65 despite turning the ball over nine times over that 12-minute span.

Amir Johnson left midway through the third quarter with what was described by Raptors personnel as a right ankle sprain. THE CANADIAN PRESS

MEDALS

Nation	G	S	B	Total
Russia	13	11	9	33
United States	9	7	12	28
Norway	11	5	10	26
Canada	**10**	**10**	**5**	**25**
Netherlands	8	7	9	24
Germany	8	6	5	19
Austria	4	8	5	17
France	4	4	7	15
Sweden	2	7	6	15
Switzerland	6	3	2	11
China	3	4	2	9
South Korea	3	3	2	8
Czech Republic	2	4	2	8
Slovenia	2	2	4	8
Japan	1	4	3	8
Italy	0	2	6	8
Belarus	5	0	1	6
Poland	4	1	1	6
Finland	1	3	1	5
Britain	1	1	2	4
Latvia	0	2	2	4
Australia	0	2	1	3
Ukraine	1	0	1	2
Slovakia	1	0	0	1
Croatia	0	1	0	1
Kazakhstan	0	0	1	1

WHAT CANADA DID

SUNDAY

BOBSLEIGH

Men's fours — Canada 1 (Lyndon Rush (pilot), Humboldt, Sask.; Lascelles Brown, Calgary; David Bissett and Neville Wright, both Edmonton) placed ninth overall with a combined time of three minutes 41.76 seconds after four runs; Canada 2 (Chris Spring, Calgary; Timothy Randall, Toronto; James Mcnaughton, Newmarket, Ont.; and Bryan Barnett, Edmonton) finished 13th (3:42.84); Canada 3 (Justin Kripps, Summerland, B.C.; Jesse Lumsden, Burlington, Ont.; Luke Demetre, New Glasgow, N.S.; and Graeme Rinholm, Medicine Hat, Alta.), 30th (2:50.80) - did not qualify for fourth run.

CROSS-COUNTRY SKIING

Men's 50-kilometre freestyle (mass start) — Alex Harvey, St-Ferreol-les-Neiges, Que., 19th overall in one hour 47 minutes 40.9 seconds; Ivan Babikov, Canmore, Alta., 20th (1:47:41.8); Graeme Killick, Fort McMurray, Alta., 28 (1:48:22.4); Jesse Cockney, Canmore, Alta., 56 (1:59:16.6).

HOCKEY

Men — Carey Price stopped all 24 shots he faced and Jonathan Toews scored the eventual winner as Canada successfully defended their Olympic title with a 3-0 win over Sweden in the gold-medal game.

CLOSING CEREMONIES

Flag bearers — Bobsledders Kaillie Humphries, Calgary, and Heather Moyse, Summerside, P.E.I., who won the gold medal in the women's event for the second time in as many games, were given the honour.

FINAL RANKING

Canada finished with 10 gold, 10 silver and five bronze, which placed them fourth overall in total medals and third-most in the gold tally (Russia led with 33 and 13, respectively).

HOCKEY

MEN

Sunday's result

GOLD MEDAL

Canada 3 Sweden 0

Saturday's result

BRONZE MEDAL

Finland 5 United States 0

CANADA 3, SWEDEN 0

First Period

1. Canada, Toews 1 (Carter, Weber) 12:55

Penalties — Jo. Ericsson Swe (holding) 16:55, Kunitz Cda (high-sticking) 19:47.

Second Period

2. Canada, Crosby 1, 15:43

Penalties — Silfverberg Swe (delay of game) 5:46, Berglund Swe (boarding) 19:20.

Third Period

3. Canada, Kunitz 1, 9:04

Penalty — Perry Cda (tripping) 10:12.

Shots on goal by

Canada	12	11	13—36
Sweden	11	9	4—24

Goal — Canada: Price (W, 5-0-0); Sweden: Lundqvist (L, 5-1-0). **Power plays (goals-chances)** — Canada: 0-3; Sweden: 0-2.

Referees — Brad Meier, United States; Kelly Sutherland, Canada. **Linesmen** — Derek Amell, Canada; Greg Devorski, Canada; Mikhail Buturlin, Russia; Roman Gofman, Russia.

Attendance — 11,076 at Sochi, Russia.

BOBSLEIGH

At Krasnaya Polyana, Russia

MEN'S FOURS

(final rankings after four runs)

1. Russia 1 (Alexander Zubkov, Alexey Negodaylo, Dmitry Trunenkov, Alexey Voevoda), three minutes 40.60 seconds; 2. Latvia 1 (Oskars Melbardis, Daumants Dreiskens, Arvis Vilkaste, Janis Strenga), 3:40.69; 3. United States 1 (Steven Holcomb, Curt Tomasevicz, Steve Langton, Chris Fogt), 3:40.99; 4. Russia 2 (Alexander Kasjanov, Ilvir Huzin, Maxim Belugin, Aleksei Pushkarev), 3:41.02; 5. Britain 1 (John James Jackson, Stuart Benson, Bruce Tasker, Joel Fearon), 3:41.10.

6. Germany 1 (Maximilian Arndt, Marko Huebenbecker, Alexander Roediger, Martin Putze), 3:41.42; 7. Germany 2 (Thomas Florschuetz, Joshua Bluhm, Kevin Kuske, Christian Poser), 3:41.51; 8. Switzerland 1 (Beat Hefti, Alex Baumann, Juerg Egger, Thomas Lamparter), 3:41.75; **9. Canada 1 (Lyndon Rush, Humboldt, Sask.; Lascelles Brown, Calgary; David Bissett and Neville Wright, both Edmonton), 3:41.76;** 10. Germany 3 (Francesco Friedrich, Jannis Baecker, Gregor Bermbach, Thorsten Margis), 3:41.80.

Also — 13. Canada 2 (Chris Spring, Calgary; Timothy Randall, Toronto; James Mcnaughton, Newmarket, Ont.; Bryan Barnett, Edmonton), 3:42.84; Did Not Qualify For Fourth Run — 30. Canada 3 (Justin Kripps, Summerland, B.C.; Jesse Lumsden, Burlington, Ont.; Luke Demetre, New Glasgow, N.S.; Graeme Rinholm, Medicine Hat, Alta.), 2:50.80.

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1. Alexander Legkov, Russia, one hour 46 minutes 55.2 seconds; 2. Maxim Vylegzhanin, Russia, 1:46:55.9; 3. Ilia Chernousov, Russia, 1:46:56.0; 4. Martin Johnsrud Sundby, Norway, 1:46:56.2; 5. Sergei Dolidovich, Belarus, 1:47:09.5.

6. Robin Duvillard, France, 1:47:10.1; 7. Anders Soedergren, Sweden, 1:47:13.0; 8. Daniel Richardsson, Sweden, 1:47:19.6; 9. Johan Olsson, Sweden, 1:47:27.3; 10. Iivo Niskanen, Finland, 1:47:27.5. **Canadians — 19. Alex Harvey, St-Ferreol-les-Neiges, Que., 1:47:40.9; 20. Ivan Babikov, Canmore, Alta., 1:47:41.8; 28. Graeme Killick, Fort McMurray, Alta., 1:48:22.4; 56. Jesse Cockney, Canmore, Alta., 1:59:16.6.**

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Horoscopes

♈ Aries
March 21 - April 20
Although you should be feeling good about yourself as the new week begins, you are advised not to go over the top in any way or the consequences could be painful.

♉ Taurus
April 21 - May 21
Fantasy and reality sometimes gets blurred and there is a danger you could cross that line and do something foolish today. If you do make a mistake, make sure you learn the lesson it has for you.

♊ Gemini
May 22 - June 21
If you want to move up in the world it won't be long before an opportunity to do so comes along. While you're waiting, try getting your health and fitness routine in better shape.

♋ Cancer
June 22 - July 23
What happens over the next few days will introduce you to news ways of making sense of the world. What you discover will make you realize that a lot of what you were taught to believe was nonsense.

♌ Leo
July 24 - Aug. 23
Make sure that you are getting paid the right amount for your talents. If you allow yourself to be cheated out of small amounts now, you will be cheated out of larger amounts later on.

♍ Virgo
Aug. 24 - Sept. 23
This week Mercury, your ruler, is still going through one of its difficult phases. Between now and Friday, when Mercury moves in your favour again, don't take it for granted that what you're being told is true.

♎ Libra
Sept. 24 - Oct. 23
Travel and social plans may have to be changed today as the planets bring to light information that casts doubt on other people's motives.

♏ Scorpio
Oct. 24 - Nov. 22
The Sun in Pisces makes this one of the best times of the year for you and when the Sun links with Jupiter next weekend you will get your reward for the efforts you have made. Between now and then though, be patient.

♐ Sagittarius
Nov. 23 - Dec. 21
Be more open with loved ones as the new week begins. If you make the effort, you will quite easily find the words that have been lacking these past few weeks — words that heal rifts.

♑ Capricorn
Dec. 22 - Jan. 20
Even if you are the kind of Capricorn who too often lets your inhibitions get in the way of having fun, you will enjoy yourself immensely over the next few days.

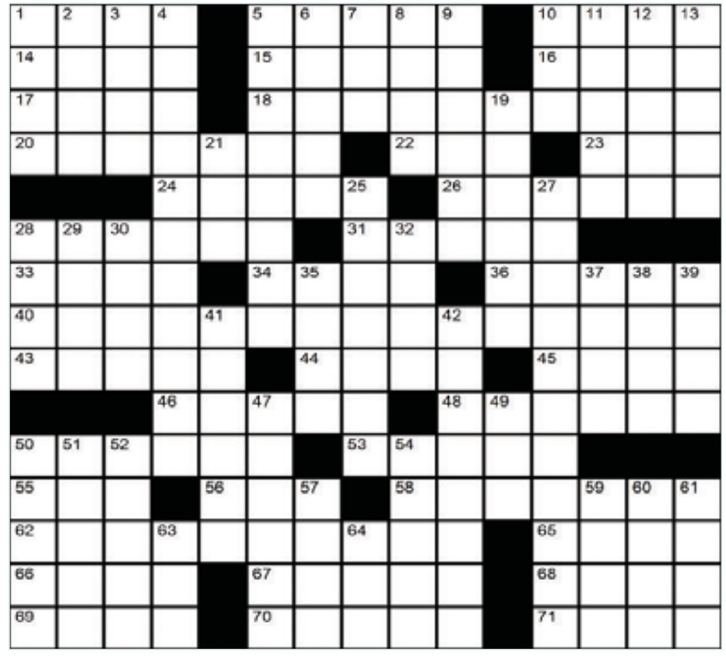
♒ Aquarius
Jan. 21 - Feb. 19
You need to protect what you have gained. Common sense tells you that your winning streak can't last forever and if you carry on taking risks, you could lose it all. Maybe it's time to cash in some of those chips.

♓ Pisces
Feb. 20 - March 20
This is very much a time to take risks. What happens around the time of the new moon on the 1st will delight you but it will be so much better if you start making creative and romantic things happen now. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



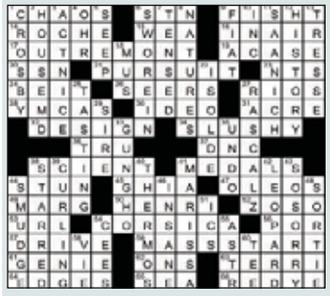
Across

1. Sharon, Lois & __
5. Blackthorn fruits
10. "Song for the __": Maritime folk tune
14. Ms. Falana
15. "Cityline" guest expert, Bryce __ (Homeopath)
16. Stylish
17. Rent-_-__
18. Oscar-winning film, "Terms of __" (1983)
20. Canadian-born alum of SNL, Phil __
22. Hoops org.
23. Back then
24. Despises
26. National Capital Region community
28. Saskatchewan export
31. "It's been _ __ pleasure."
33. Swedish car
34. Broadway musical, Man __ __ Mancha
36. Intimidate
40. Waiter in Hollywood, often: 2 wds.
43. Not here
44. "__! _ mouse!"
45. Pants part
46. More pleasant
48. Some countertop edgings
50. Ms. Milano
53. Ms. Graff of '80s sitcom "Mr. Belvedere"
55. Writer, Rita __ Brown
56. Tiny tallnesses
58. Dublin's country
62. Quebec: Grosse Ile and the Irish Memorial National Historic Site (Where there was a __ station from 1832 to 1937)
65. Condo purchaser's wish
66. Bear constellation
67. Major artery
68. 'E' in QED
69. "Too stuffed, thanks." = "_ __."
70. Pari __ (Impartially)
71. Phone nos.

Down

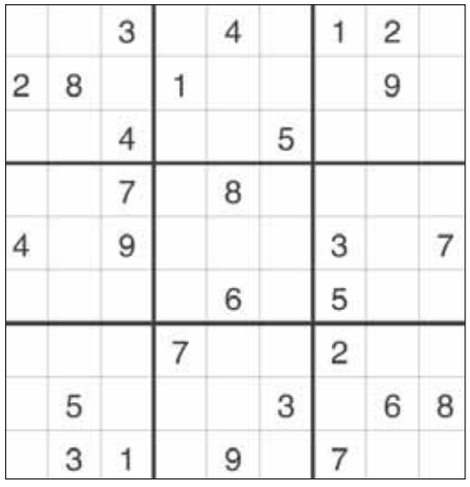
1. Ho-hum
2. __-_-Fella Records
3. Wing-like
4. Winnipeg-raised actress on new Global medical drama "Remedy": 2 wds.
5. "Welcome Back, Kotter" student
6. ELO's Jeff
7. Former
8. Paradise
9. U.S. Navy builder
10. Fancy-style 1900
11. "_ __ a Symphony" by The Supremes
12. Naomi Watts starred in the 2002 American version of this Japanese horror
13. Ontario community
19. Hotels chain
21. Humanities degs.
25. F. Murray Abraham's Oscar-winning "Amadeus" (1984) role, Antonio __
27. Alannah Myles chart-topper about Elvis: 2 wds.
28. "Over here..."
29. Pledge
30. Weight allowance
32. Placing
35. Take off
37. __ Reader (Alternative press magazine)
38. Oasis songwriter
39. "__ bien!"
41. Memoirs of a __ (Arthur Golden novel)
42. Vicki __, Vancouver-born broadcaster
47. Snooze
49. Mariner's dir.
50. Quebec: Town in the Lower Saint-Lawrence
51. Ms. Linney
52. Leavening agent
54. Buildups in dryers
57. Greek portico
59. 'Million' suffix
60. Oscar-winner Patricia
61. ABC's ballroom show
63. Ms. Dawn Chong
64. US tax bureau

Friday's Crossword

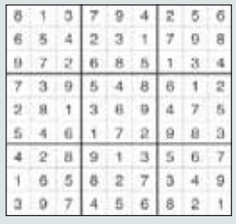


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku



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